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Bangalore Mirror ON SUNDAY

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Civic body to deploy maintenance staff at rundown, poorly maintained, inaccessible subways of Bengaluru

SHOW ME THE SUBWAY

Tender invited for maintenance of subways at a cost of Rs 42.92 lakh

Melvin Mathew
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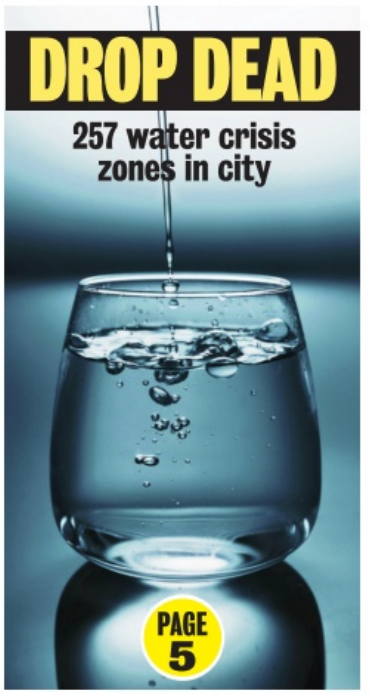
TWEETS @BangaloreMIRROR

The subways in Bengaluru have fallen into a state of utter disarray; taking note of the fact, the Bruhat Bengaluru Mahanagara Palike is planning to deploy maintenance staff for 15 subways within its limits.

Continued disuse and lack of maintenance have led to the poor state of the subways.

CONTINUED ON PAGE 13 »



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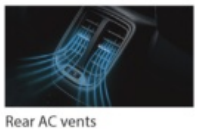
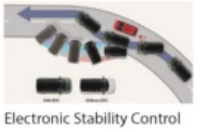

Rear AC vents

Vehicle stability management (VSM)

Wireless phone charger


Electronic Stability Control

6 Airbags standard

Spacious interior

Specifications / Features	Hyundai Exter SX (O) Connect MT Dual Tone	Tata Punch Creative Flagship MT Dual Tone
Height	1,631mm	1,615mm
Wheelbase	2,450mm	2,445mm
Bootspace (litres)	391	366
Dashcam	Dual View	NO
Airbags	6 Airbags	2 Airbags
Rear Middle Three Point seatbelt	YES	NO
Electronic Stability Program (ESP)	YES	NO
Hill Hold Control	YES	NO
Traction Control System (TC/TCS)	YES	NO
Anti-glare Mirrors (IRVM)	Electronic	Manual
Alexa Compatibility	YES	NO
Shift Indicator	YES	NO
Touchscreen Size (CM)	20.32	17.8
Wireless Charger	YES	NO
Multiple Language UI digital cluster	YES	NO
Offline Navigation in Infotainment	YES	NO
Nature of Sounds	YES	NO
Telematics Connectivity	60+ Connected Features	40 Connected Features
Seat belt reminder in second row	YES	NO

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3 THINGS TO DO

01 Plank for a cause

Plankathon 2024 encourages individuals to share their planking videos with the #PlankForAces hashtag and to join them live at the event featuring Taapsee Pannu as the chief guest, creating a collective gesture of gratitude for ISRO's stellar contributions to space exploration.
When- February 11
Where- Sri Kanteerava Outdoor Stadium

02 Masala Coffee live

Experience the electrifying performance of Masala Coffee as they take the stage live in concert. Known for their unique blend of traditional folk and contemporary music, Masala Coffee promises an unforgettable musical journey.
When- February 17;
Where- The Nexus Mall, Koramangala

03 SO mini THINGS!

Get ready for laughs with 'Aiyyo Shraddha' on her First Rank Tour! This comedic extravaganza explores everyday life with wit and humour, promising an unforgettable evening of laughter and joy for families. **When- March 10**
Where- Dr BR Ambedkar Bhavan

Tackling type 2 diabetes: Experts' insights revealed

Research underscores the significance of lifestyle modifications and personalised medication in combating the risk of type 2 diabetes amongst South Asians

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The South Asian population faces a heightened risk of developing type 2 diabetes mellitus (T2DM) due to genetic predisposition and other contributing factors. These factors include obesity, physical inactivity, and diets high in processed foods. In the realm of diabetes prevention, a longstanding hypothesis focuses on the efficacy of weight loss interventions. These interventions, which encompass lifestyle modifications and medications, are believed to delay the onset of type 2 diabetes.

Indian-born Dr Priyanka Majety, who previously studied in Kolar and currently serves as Assistant Professor of Internal Medicine and Adult Outpatient Diabetes Director at Virginia Commonwealth University's Division of Endocrinology, Diabetes, and Metabolism, shared insights with Bangalore Mirror, stating, "While type 2 diabetes arises from a complex interplay of genetic and environmental factors, modifiable risk factors such as obesity, physical inactivity, and dietary habits play a significant role in its development. By intervening at the stage of impaired glucose tolerance, before the onset of frank diabetes, targeted weight loss interventions could prevent or at least delay the progression to type 2 diabetes."

Dr Majety conducted this research alongside her mentor, Dr Osama Hamdy (Director of International Medical Affairs and Medical Director, Obesity Clinic Programme and Inpatient Diabetes Programme, Associate Professor, Harvard Medical School). In an email interview with Bangalore Mirror, Dr Majety said, "In a world where the prevalence of type 2 diabetes continues to rise at an alarming rate, the importance of prevention cannot be overstated. I am deeply committed to the belief that prevention is indeed better than cure, especially when it comes to type 2 diabetes."

She further elaborated on their research endeavours, stating, "Our research sought to review the latest evidence surrounding pharmacological interventions in the prevention of type 2 diabetes. We aimed to bridge the gap between traditional lifestyle modifications and emerging medication options, offering patients a holistic approach to diabetes prevention."

> **"By intervening at the stage of impaired glucose tolerance, before the onset of frank diabetes, targeted weight loss interventions could prevent or at least delay the progression to type 2 diabetes**
>
> – Dr Priyanka Majety, Assistant Professor of Internal Medicine and Adult Outpatient Diabetes Director, Virginia Commonwealth University

Regarding pharmacological interventions, Dr Majety shed light on several key medications showing promise in preventing or delaying the onset of type 2 diabetes. "Metformin, a long-standing medication with a wealth of evidence supporting its efficacy, remains a cornerstone in diabetes prevention efforts. Additionally, newer medications such as Glucagon-like peptide 1 (GLP1) receptor agonists have emerged as potential adjunctive therapies, offering patients alternative options for diabetes prevention," she explained.

Dr Majety emphasised the need for personalised medication interventions, tailored to individual patient profiles and risk factors. "Before initiating pharmacotherapy, thorough assessment of patient history and risk factors is essential to ensure optimal safety and efficacy. While medications like GLP1 receptor agonists hold promise in diabetes prevention, careful consideration of patient factors such as pancreatitis history and medullary thyroid cancer risk is paramount," she added.

Dr Majety stressed several key takeaways for individuals at risk of developing type 2 diabetes, including early screening, sustainable lifestyle modifications, and discussing potential pharmacological interventions with healthcare providers. She highlighted the importance of a multifaceted approach combining lifestyle modifications with targeted pharmacological interventions to empower individuals towards diabetes prevention and overall health and well-being. Looking ahead, future research endeavours will continue to explore the role of emerging medication classes in diabetes prevention, offering more personalised and effective interventions. Despite challenges, collective efforts in the realm of diabetes prevention hold the potential to make a meaningful impact on global health outcomes.

Happening today: VK Street Sambhrama

Don't miss the chance today for a fresh start as residents reclaim their streets with the VK Street Sambhrama, organised by Vijay Karnataka and Bangalore Mirror. Get ready to meet your favourite celebrities who will be there to actively participate.

Scheduled for Sunday, VK Street Sambhrama ensures people from all walks of life can join in. Festivities kick off at 8 AM with tailored programs for all age groups, wrapping up at noon. Supported by BBMP, police, and other organisations, the best part is that entry is entirely free. Don't pass up this wonderful opportunity.

VK Street Sambhrama offers a unique chance for residents to engage in various games and events, including a dance fitness program, fitness awareness session, yoga asana introduction, traditional games like kunte bille, lagore, buguri, beatboxing, caricature, health programs, lemon and spoon race, and more. **— Prakash VL**

VK Street Sambhrama
Venue – MEI Layout Main road, Hesaraghatta Road, Bagalagunte
Date & time – February 11, between 8 am and 12 pm

Heist gone wrong, culprits on the run

The Madanayakanahalli Police are on the lookout for four individuals involved in an attempted robbery at a jewellery store, where the owner was threatened with a firearm. The incident took place at Arihant Jewellers, situated near Bhyraveshwara Circle in Totadaguddadahalli, Bengaluru Rural District.

The perpetrators, posing as customers, entered the store, with one brandishing a gun. Vishnu, the shop owner, managed to lock himself in a cabin upon facing the threat.

The entire episode was captured by a CCTV camera installed within the premises. The culprits, realising their failure to execute the robbery, fled empty-handed after Vishnu secured himself inside the cabin. The incident, which occurred on February 7, was promptly reported to the authorities, leading to the filing of an FIR at the Madanayakanahalli Police Station.

Mallikarjun Baldandi, Superintendent of Police for Bengaluru Rural District, visited the jewellery store to assess the situation. The FIR has been lodged under IPC Section 393 (Attempt to commit robbery) and the Arms Act 1959. **BMB**

Death at apartment pool: 7 arrested

The Varthur police have apprehended seven individuals, including the president of Prestige Lakeside Habitat, in connection with the tragic death of nine-year-old Manya. The incident occurred last December. Manya is said to have got electrocuted after falling into a swimming pool at the apartment complex. The suspects were presented in court and subsequently remanded to judicial custody.

According to authorities, the unfortunate event transpired around 7:30 pm on December 29, 2023, when Manya was playing near the pool and accidentally fell in. Despite efforts to rush her to a nearby hospital, she was pronounced dead by medical professionals.

The primary accused has been identified as Debashish Sinha, the 37-year-old president of the Home Owners' Association of Prestige Lakeside Habitat. Others arrested include Safiq Rao, the 44-year-old vice-president of Prestige Property Management, as well as electricians Santosh Maharana (27), Gobinda Mandal, Bikas Kumar Paridha (both 32), and Bhaktha Charan Pradhan. Suresh Babu, the owner of Vision India Marketing, was also among those apprehended. They face charges under sections 149 (member of unlawful assembly guilty of offence) and 304 (culpable homicide not amounting to murder) of the Indian Penal Code.

Investigations reveal that both the apartment management and electricians were aware of the presence of live electric current in the swimming pool area but failed to implement adequate safety measures. **BMB**

Traffic rules are meant to be broken (or not?)

Saturday saw 76 cases booked across city against drivers of water tankers; Bellandur is hotspot

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The traffic situation in Bengaluru has been a matter of concern for both authorities and citizens alike. Recent data from the Bengaluru Traffic Police South Division sheds light on the extent of traffic violations occurring within the city. Analysing the data reveals a multitude of infractions, ranging from breaking traffic signals to driving under the influence of alcohol.

On Saturday, a total of 76 cases were booked across 13 police stations in the South Division against water tanker drivers. Bellandur emerged as the hotspot with 19 cases, while Adugodi and HSR Layout recorded no violations. The distribution of cases varied across police stations, with KS Layout, Talagattapura, and Banashankari also seeing significant numbers of violations.

In addition to these violations, the Bengaluru South Traffic Police conducted special operations targeting specific infractions.

On Friday, a crackdown on auto drivers charging exorbitant fares resulted in 72 autos being booked for refusing to go on hire and 58 for demanding excess fare. Furthermore, 543 autos were inspected, highlighting the scale of the issue.

The enforcement efforts extended beyond auto drivers to include motorists. On February 7, a drive against drunk driving led to 46 cases being booked out of 1,645 vehicles that were checked.

Noise pollution and vehicle maintenance were also addressed through special operations. Defective number plates, shrill horns, and faulty silencers were among the common violations identified.

A total of 268 cases were booked for defective number plates, 149 for shrill horns, and 43 for defective silencers, indicating a widespread disregard for noise regulations and vehicle maintenance standards.

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Tales of two lakes

Bommanahalli Lake: From trash to treasure

Restoration projects promise renewed future for once-pristine Bommanahalli Lake

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Bommanahalli Lake was once among the cleanest lakes in and around the Mahadevapura Assembly constituency, serving as a leisure destination for residents. However, over the past decade, the lake, situated near Mandur, known for its infamous landfill, has joined the list of neglected lakes in the city. Until last year, the lake served as a dumping ground for all types of waste, with grey water from nearby dwellings flowing into it. Mandur Panchayat, in collaboration with United Way Bengaluru, initiated the lake's rejuvenation, estimated at Rs 1.10 crore under Herbalife's corporate social responsibility (CSR). Mahadevapura MLA Manjula Limbavali attended the groundbreaking ceremony in September 2023.

Desilting of the 27.13-acre lake is complete, and work on strengthening the bund and constructing inlets is underway. Residents of Bommenahalli and Mandur are pleased with the lake's rejuvenation and anticipate its restoration to its former glory within a few months.

"The rejuvenation of Bommanahalli Lake will be a great help to the people of Mandur. I want to thank Lingaraj Urs who played a key role in finding a sponsor for the rejuvenation of the lake. Groundwater table will be increased if the lake is filled with rain water," said B Muniraju Gowda, a resident of Mandur.

Rajib Mishra, vice-president of ForceGW (Mandur) and president of Shriram Greenfield Apartment, said that the lake was in terrible condition and was used to dump waste. "Now, the lake is under rejuvenation. I am happy with the ongoing rejuvenation work," said Mishra.

Bommanahalli Lake near Mandur in Mahadevapura

During the first phase, silt removal and strengthening of the lake bund will take place, along with the construction of inlets. More than 1,000 saplings will be planted in the second phase, which is expected to commence during the monsoon

The lake will have three sedimentary ponds and three inlets. The rejuvenation of the lake is divided into two phases. During the first phase, silt removal and strengthening of the lake bund will take place, along with the construction of inlets. More than 1,000 saplings will be planted in the second phase, which is expected to commence during the monsoon.

"The ongoing developmental works are expected to be completed by April. We will take up remaining works including planting saplings during monsoon," said Radhakrishna Pradeep of United Way Bengaluru.

If all the ongoing works are completed before the onset of the monsoon, the lake will regain its lost glory and become home to flora and fauna.

Meanwhile, Mahadevapura Task Force Environment chairperson Lingaraj Urs said that his organisation is committed to rejuvenating lakes in the constituency. "We are thrilled to see Bommanahalli Lake regaining its glory. In the days to come it will be a destination for the local residents and a home for a variety of flora and birds," said Urs.

Fishing threatens biodiversity of Doddakallasandra Lake

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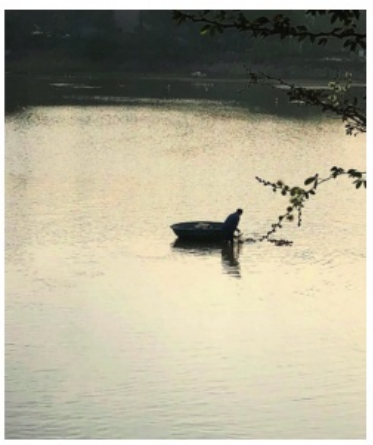
In a concerning case, residents and activists near Doddakallasandra have raised alarms about the detrimental impact of fishing activities in the shallow waters of Doddakallasandra Lake. The local lake protection committee and concerned citizens have pointed out the potential threat to the natural habitat, particularly the disturbance caused to migratory bird species inhabiting the area.

Doddakallasandra Lake, known for its biodiversity and as a habitat for migratory birds, has recently become a hotspot for fishing activities, sparking concerns among environmentalists and nearby residents. Members of the Doddakallasandra Lake Protection Committee, led by Soundarajan, disclosed their distress over the situation.



Illegal fishing at Doddakallasandra Lake

Soundarajan, the spokesperson for the Doddakallasandra Lake Protection Committee, emphasised the adverse effects of fishing on the avian residents of the lake. "Due to poor rainfall, the water level in DK Sandra Lake has drastically reduced. The shallow water has attracted an increased number of migratory birds, including 40 painted storks in a single day. However, the ongoing fishing activities are disrupting the natural habitat, driving away the birds," he said.

Residents also took the matter up with the Department of Fisheries, seeking an immediate ban on fishing activities in Doddakallasandra Lake. Despite assurances from officials, vigorous fishing has persisted for the past two days, prompting the community to escalate the issue further.

"We have been informed by the Fisheries Department that fishing is prohibited in DK Sandra Lake when the water level is low. However, despite this, fishing activities have intensified. We urge immediate action to ban fishing and the removal of fishing boats from the lake to protect the biodiversity of Doddakallasandra Lake," Soundarajan added.

Raghavendra, another dedicated lake activist, stressed the significance of the lake as a habitat for migratory birds, especially during the summer months. "The water depth in the lake currently varies from 1 inch to 2 feet, making it an attractive location for birds. Fishing in these shallow waters poses a significant threat to the avian population. We appreciate the Deputy Director of the Fisheries Department for clarifying the regulations, but we urge Bruhat Bangalore Mahanagara Palike lake officials to intervene promptly and put an end to any illegal fishing activities at Doddakallasandra Lake," he said.

Addressing the concerns, the Department of Fisheries, Government Of Karnataka said, "No lease nor any license for fishermen fishing due to less water in the Doddakalsandra lake and we will take measures to stop illegal fishing."

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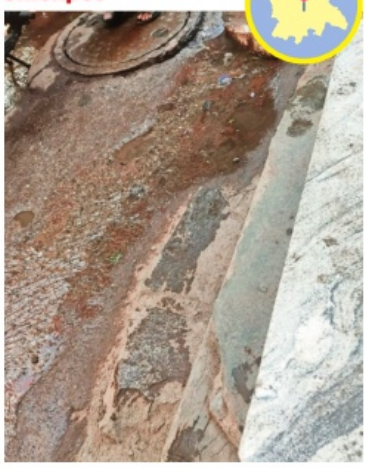
Ticket trickery

Jayanagar

An individual who parked for their 2-wheeler for 15 mins at the shopping complex, was charged Rs 20 for unlimited parking. Then received a Rs. 0.00 bill. When questioned, the attendant claimed ignorance and was directed to the person in charge. This reflects false billing, and misinformation, compounded by variable rates on the parking board.

Sewage full

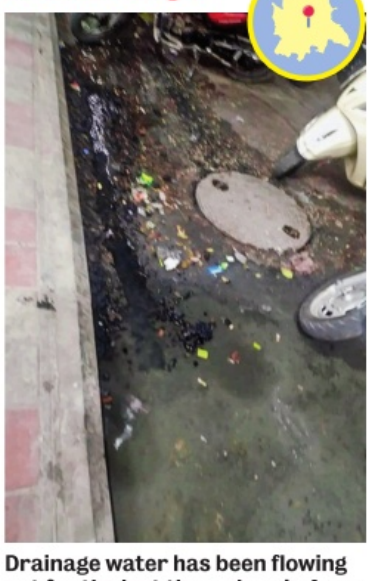
Chickpet



The sewage chamber at MT Street, opposite Maramma Temple, has been overflowing for the past few days.

Drain disaster

Sudhama Nagar



Drainage water has been flowing out for the last three days in Appa Reddy Palya, Double Road, opposite Muthoot Finance.

Deadly Jan: 400 accidents, 90 lives lost already this year

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In a grim start to the new year, Bengaluru has been grappling with a concerning surge in road accidents. Shockingly, the latest data released by the Bengaluru Traffic Police reveals that the city has already witnessed over 400 accidents in the first month of 2024, claiming the lives of 90 individuals. This shows that three people lose their lives in road accidents every day in the city.

The statistics paint a stark picture of the road safety situation in the city, with a total of 432 accidents recorded in January alone. Among these incidents, 89 were classified as fatal accidents, while 343 were deemed non-fatal. Tragically, the toll of human lives lost stands at 90. Additionally, 369 individuals have been reported injured in road accidents.

Furthermore, the city traffic police data shows that the police have booked more than 8 lakh traffic violations.

The most common traffic violations in Bengaluru are two-wheeler helmet violations (rider and pillion rider not wearing helmets), followed by wrong parking, carrying lengthy material, mobile phone use while driving, and jumping traffic signals.

Others include reckless driving, over speeding, drunken driving, not having a driving license, and not wearing a seat belt.

In overall 8 lakh 47 thousand traffic violations, police registered 512 cases for reckless driving, 221 for over speeding, 270 for defective silencers, 720 for riding on the footpath, and around 14 thousand cases for triple riding.

The city also saw 49 cases of not wearing safety belts and lakhs of cases of not wearing helmets.

257 water crisis zones identified

BWSSB plans to secure additional 1,680 million litres per day amid water crisis

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TWEETS @sridharvMIRROR

Many roads in the city have been dug up to lay the Cauvery Pipeline. File photo.

As the city grapples with a water crisis, the Bangalore Water Supply and Sewerage Board (BWSSB) has identified 257 areas facing potential water scarcity. The focus is on addressing these risks and providing additional water supply. Officials estimate that an extra 1,680 million litres per day (MLD) of water is needed to meet the demand. To tackle this, the BWSSB is taking measures to reduce water consumption, particularly in large commercial complexes and industries known for heavy water usage. They are being encouraged to utilise treated water provided by the BWSSB through tankers.

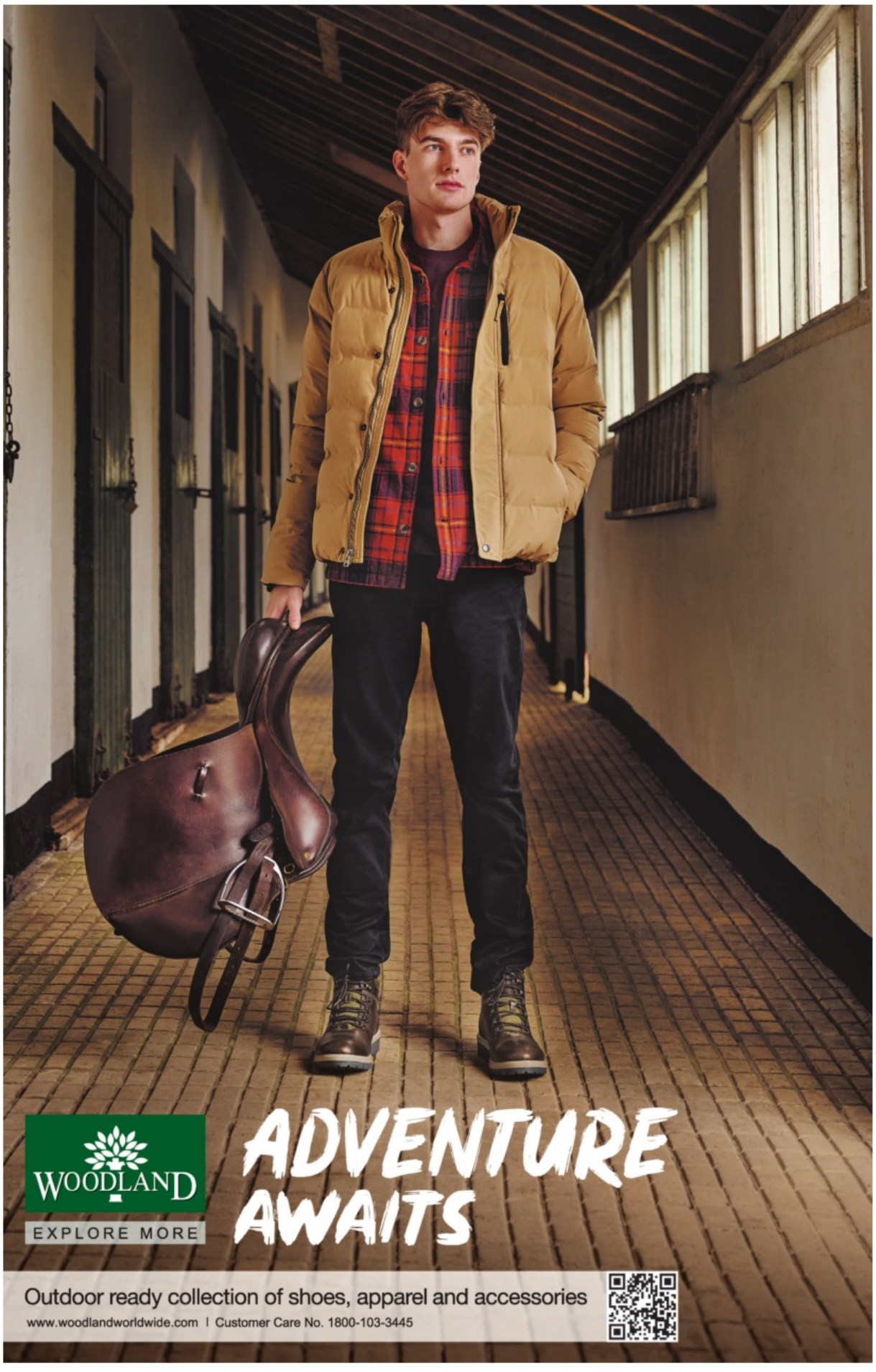
Bengaluru's current population is estimated at around 1.3 crore, with approximately 10.37 lakh households connected to the BWSSB water supply. Every day, around 1,450 MLD of Cauvery water is pumped from a distance of 100 kilometres to the city. Additionally, there are 10,995 borewells supplying around 400 MLD of water. Despite this, the total available water of 1,850 MLD per day falls short of the city's growing needs.

"Due to poor monsoon, the water table has dropped, with 1,240 out of 10,995 borewells at risk of drying up soon. To address this, alternative measures are being planned for the identified 257 areas. High-density areas heavily reliant on borewell water may experience increased demand, necessitating an additional 1,680 MLD of water. As a response, the BWSSB, with its existing fleet of 60 tankers, plans to rent an additional 160 private tankers. They also intend to lease 530 private borewells temporarily to secure an additional 950 MLD of water. In addition to these measures, BWSSB officials are planning awareness programmes to promote water conservation practices," said a BWSSB official.

BWSSB Chairman Ram Prasath Manohar V stated, "We are devising strategies to address the water crisis, including borewell rejuvenation plans and reducing water supply to high-consumption industries."

Between February and July, when water consumption in the city rises due to the increase in temperatures, Bengaluru requires 9.48 TMC feet of water. As of the end of January, the Krishna Raja Sagar (KRS) reservoir had a storage capacity of 17.16 TMC feet, while the Kabini Reservoir had 13.22 TMC feet of water.

Bengaluru heavily relies on Cauvery water to meet its water requirements. Initially, the Cauvery first stage supplied Bengaluru with 140 MLD of water, followed by an additional 140 MLD from the second stage. As demand continued to grow, the third stage provided 320 MLD, followed by the first phase of the fourth stage which brought an extra 300 MLD. Subsequently, the second phase of the fourth stage added another 550 MLD, and the ongoing fifth stage, expected to be completed in the next few months.



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BENGALURU SPEAKS

and gets heard on this page

STORYBEHINDTHEPHOTO

GOLDEN BIRD

Indian golden oriole on the tree looking peaceful and so beautiful

The picture was clicked by BM reader **Nalini Thomas**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesgroup.com**

DID YOU KNOW?

Two things are significant about the British in Bengaluru. First, there was an army to be fed, watered, sheltered and clothed. Naturally, the promise of an assured livelihood attracted a lot of migrants. Marathi-speaking people moved to Ulsoor, many of them as tailors. Marvadi-speaking businessmen from Rajasthan set up shop as did people from Tamil Nadu. One of the most well-known was Arcot Narrainsawmy Mudaliar, who began as a vegetable seller, built the Attara Kacheri (now the High Court) and then established several educational and charitable institutions here. In other words, migrants with a spirit of entrepreneurship thrived here and brought in both business and change. Second was the proliferation of schools. Missionaries like the Wesleyans fanned out everywhere and opened schools while the government established Anglovernacular and other schools that were open to all castes, classes and creeds. **Courtesy: Meera Iyer for ET**

GET HEARD WITH MIRROR

9591233247

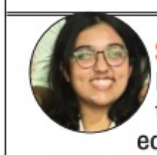
Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

TAPTHECHATTER

where Bengalureans speak their mind

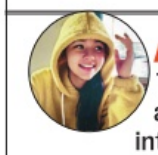
What do you believe sets Bluru's educational institutions apart, and how do they contribute to the city's intellectual atmosphere?

Aastha Negi, BM Reader
Bengaluru's educational landscape stands out due to its vast network of public and private institutions, renowned for their quality. The city's vibrant youth population fosters an open-minded and growth-centric intellectual atmosphere.

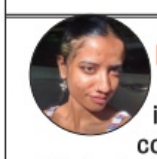


Sohini Banerjee, BM Reader
Beyond its reputation in the IT sector, Bengaluru shines as a hub for education. This diversity of learners adds vibrancy to the city's intellectual environment, fostering a culture of learning and knowledge exchange.

Snigdha, BM Reader
Bengaluru is known for its learned and informed community, which is inclusive and diverse. While the quality of educational institutions varies, the city boasts several prestigious colleges and schools.



Ananya, BM Reader
The educational institutions play a pivotal role in cultivating an intellectual atmosphere. Through their emphasis on innovation and academic rigor, these institutions contribute to the city's intellectual vibrancy.



Riya, BM Reader
The sophistication of its institutions reflects the city's commitment to academic excellence. With a focus on curriculum development and adherence to standards, the institutions give students a robust intellectual foundation.

Amit Kumar, BM Reader
The diverse educational landscape, encompassing schools, universities, specialised colleges, offers students a unique edge in pursuing their academic interests. Students can explore a range of subjects and disciplines.

SPEAK TO US

Do you think the average speed on Bengaluru roads have decreased over years?

If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247

Green signal to automatic signalling

South-Western Railways initiates automatic signalling in Bengaluru region

Sridhar Vivan
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TWEETS @sridharvMirror

Following a long-standing demand from passengers, the South Western Railways (SWR) has finally decided to go for implementation of automatic railway signalling in the Bengaluru region. Automatic signalling plays a pivotal role in enhancing capacity and performance across the railway network. This advancement promises to facilitate more trains, improved connections, and greater reliability. The signalling is necessitated especially in the Bengaluru and Mysuru divisions where demand for commuter and goods trains continues to surge.

Manjunath Kanamadi, Chief Public Relations Officer of South Western Railway, said, "The Railway Board has approved six projects covering a distance of 639.05 Route Kilometre (RKM) amounting to a total cost of Rs. 874.12 crore for taking up automatic signalling. (RKM quantifies the rail distance between two points within the railway network and signifies the entire distance covered by a train en route to its final destination.) These projects include routes such as Bengaluru city - Yeshwanthpur - Yeshwanthpur for 17.75 RKM, Yeshwanthpur - Arasikere section for 160.65 RKM, Lottegollahalli - Hosur section for 63.6 RKM, Whitefield - Jolarpettai section for 119 RKM, Baiyyappanahalli - Penukonda section via Channasandra for 139.8 RKM, and Benglauru city-Mysuru for 138.25 RKM.

Project was taken up anticipating a spike in passenger and freight traffic

He said automatic signalling was taken up anticipating a surge in both passenger and freight traffic. "The project aims to significantly increase line capacity. This enhancement will facilitate the seamless operation of additional trains at shorter intervals, effectively addressing the burgeoning demands of commuters, freight traffic, and fostering economic development in the region."

This advancement promises to facilitate more trains, improved connectivity, and greater reliability

According to him the benefits include optimal utilisation of fixed assets such as platforms by ensuring the swift clearance of coaching trains from stations, resulting in reduced delays and improved efficiency. "Secondly, in sections where line capacity has exceeded 100% and saturation has occurred, automatic signalling allows for the operation of a greater number of coaching and freight trains, meeting the growing transportation demand while upholding safety standards. Lastly, it enhances the average speed of trains by expediting the clearance of block sections, ensuring more efficient travel," he added.

THE SUNDAY READ

Sniff sense

Your unique smell can provide ample clues about how healthy you are

Hundreds of chemicals stream from our bodies into the air every second. These chemicals release into the air easily as they have high vapour pressures, meaning they boil and turn into gases at room temperature. They give clues about who we are, and how healthy we are.

Since ancient Greek times, we've known that we smell differently when we are unwell. While we rely on blood analysis today, ancient Greek physicians used smell to diagnose maladies. If they took a whiff of your breath and described it as fetor hepaticus (meaning bad liver), it meant you could be headed for liver failure.

If a person's whiff was sweet or fruity, physicians thought this meant that sugars in the digestive system were not being broken down, and that person had probably diabetes. Science has since shown the ancient Greeks were right – liver failure and diabetes and many other diseases including infectious diseases give your breath a distinctive smell.

In 1971, Nobel Laureate chemist Linus Pauling counted 250 different gaseous chemicals in breath. These gaseous chemicals are called volatile organic compounds or VOCs.

Since Pauling's discovery, other scientists have discovered hundreds more VOCs in our breath. We have learned that many of these VOCs have distinctive odours, but some have no odour that our noses can perceive.

Scientists believe that whether a VOC has an odour that our noses can detect or not, they can reveal information about how healthy someone is.

A Scottish man's Parkinson's disease onset was identified by his wife, retired nurse Joy Milner, after she was convinced the way he smelled had changed, years before he was diagnosed in 2005. This discovery has led to research programmes involving Joy Milner to identify the precise smell of this disease.

Dogs can sniff out more diseases than humans because of their more sophisticated olfactory talents. But technological techniques, like analytical tool mass spectrometry, picks up even more subtle changes in VOC profiles that are being linked to gut, skin and respiratory diseases as well as neurological diseases like Parkinson's. Researchers believe that one day some diseases will be diagnosed simply by breathing into a device.

Breath is not the only source of VOCs in the body. They are also emitted from skin, urine and faeces.

VOCs from skin are the result of millions of skin glands removing metabolic waste from the body, as well as waste generated by bacteria and other microbes that live on our skin. Sweating produces extra nutrients for these bacteria to metabolise which can result in particularly odorous VOCs. Odour from sweat only makes up a fraction of the scents from VOCs though.

Our skin and also our gut microbiomes are made up from a delicate balance of these microbes. Scientists think they influence our health, but we don't yet understand a lot about how this relationship works.

Unlike the gut, the skin is relatively easy to study – you can collect skin samples from living humans without having to go deep into the body. Scientists think skin VOCs can offer insights into how the microbiome's bacteria and the human body work together to maintain our health and protect us from disease.

In my team's laboratory, we are investigating whether the skin VOC signature can reveal different attributes of the person it belongs to. These signals in skin VOC signatures are probably how dogs distinguish between people by smell.

We are at a relatively early stage in this research area but we have shown that you can tell males from females based on how acidic the VOCs from skin are. We use mass spectrometry to see this as the average human nose is not sophisticated enough to detect these VOCs.

We can also predict a person's age with reasonable accuracy to within a few years from their skin VOC profile. This is not surprising considering that oxidative stress in our bodies increases as we age.

Oxidative stress happens when your antioxidant levels are low and causes irreversible damage to our cells and organs. Our recent research found by-products of this oxidative damage in skin VOC profiles.

Not only are these VOCs responsible for personal scent – they are used by plants, insects and animals as a communication channel. Plants are in a constant VOC dialogue with other organisms including pollinators, herbivores, other plants and their natural enemies such as harmful bacteria and insects. VOCs used for this back and forth dialogue are known as pheromones.

What has science shown about love pheromones? In the animal kingdom, there is good evidence VOCs can act as aphrodisiacs. Mice for example have microbes which contribute to a particularly smelly compound called trimethylamine, which allows mice to verify the species of a potential mate. Pigs and elephants have sex pheromones too.

Technology, like analytical tool mass spectrometry, picks up subtle changes in volatile organic compound profiles that are being linked to gut, skin and respiratory diseases

It is possible that humans also produce VOCs for attracting the perfect mate. Scientists have yet to fully decode skin – or other VOCs that are released from our bodies. But evidence for human love pheromones so far is controversial at best. One theory suggests that they were lost about 23 million years ago when primates developed full colour vision and started relying on their enhanced vision to choose a mate.

However, we believe that whether human pheromones exist or not, skin VOCs can reveal who and how we are, in terms of things like ageing, nutrition and fitness, fertility and even stress levels. This signature probably contains markers we can use to monitor our health and diagnose disease.

(By Aoife Morrin, Dublin City University, The Conversation)

HEALTH TIP: Regular socialising is linked to a longer lifespan

All you need to know about...

Quitting smoking

Benefits of quitting before you turn 40
Smokers who quit smoking before the age of 40 can expect to live almost as long as those who never smoked, a new report has said.

Half the benefit occurs within three years
The study, published in the journal NEJM Evidence, showed that those who quit at any age return close to never-smoker survival 10 years after quitting, and about half that benefit occurs within just three years.

Effective remedy
"Quitting smoking is ridiculously effective in reducing the risk of death, and people can reap those rewards quickly," said Prabhat Jha, of the University of Toronto's Dalla Lana School of Public Health.

Loss of years
The study included 1.5 million adults in four countries (the US, the UK, Canada and Norway), over 15 years. Smokers between 40-79 age group had an almost three-fold risk of dying compared to those who never smoked, meaning on average they lost 12 to 13 years of life.

Never too late
Researchers found that former smokers reduced their risk of death to 1.3-fold (or 30% higher) compared to never smokers. "Stopping smoking at any age was associated with longer survival, and even those who quit for less than three years gained up to six years in life expectancy," the study noted. Many people think it's too late to quit smoking, according to Jha."It's never too late," he added.

Vascular disease
The researchers discovered that quitting smoking lowered the risk of dying from vascular disease and cancer, in particular. Former smokers also reduced their risk of death from respiratory disease, but slightly less so. —IANS

THE SWEETEST TOUCH

Is when you can indulge in guilt-free pampering of your sweet tooth and these vegan recipes let you do just that

Prep Time: 50 mins
Baking Time: 2 hours

VEGAN SACHER TORTE

INGREDIENTS

Vegan chocolate sponge
- Refined Flour 2 gms
- Castor sugar 130gms
- Refined oil 75 gms
- Salt 3gms
- Baking soda 8gms
- Cocoa powder 22gms
- Corn starch 22gms
- Lemon juice 1.5gms
- Vanilla essence 1.5gms
- Water 145 gms

Apricot compote
- Apricot puree 250gms
- Castor sugar 50gms
- Pectin NH 5gms
- Lemon juice 5gms

Oats chocolate ganache
- Dark chocolate 55% 250 gms
- Oats milk 200gms
- Glucose 15gms
- Cocoa butter 20gms
- Chopped hazelnuts 50gms

Sugar syrup
- Sugar 55gms
- Apricot puree 100gms

METHOD

For Vegan Chocolate sponge
- Sieve all dry ingredients together and weigh all wet ingredients together
- Paddle all ingredients together in a stand mixer until well combined and smooth.
- Transfer on a lined baking mould and bake at 165c for 20 min
- Once baked remove from the oven and cool it to room temperature before transferring to freezer
- Once set cut into three equal slices for layering

For apricot compote
- In a saucepan , heat up the apricot puree hand half of the castor sugar
- At 45c, add remaining half of sugar mixed with Pectin NH
- Bring the compote to a boil till 104c add lemon juice to prevent it from cooking further
- Set it in chiller , once set , can be used in cake layering

Oat chocolate ganache
- In a saucepan , heat the oat milk , glucose till 75c
- Pour it over melted chocolate and cocoa butter
- Blend the ganache untill it is smoooth and shinny.
- Transfer into a bowl and set it in chiller for atleast 4 hours before using

Cake assembly
- Cut 3 slices of cake sponge, soften the ganache and compote
- Ensure proper soaking of sponges while doing layering of cake and generous amount of compote as well.
- Once layered , freeze the cake until it is set from inside in order to trim the sides to apply finishing layer of ganache.
- Serve the cake at room temperature for better pairing of flavours

CLASSIC BRIGADARIO RECIPE

Prep Time: 30 mins
Baking Time: 25 mins

INGREDIENTS

Brigadario Cookie Base
- Gluten free biscuit 40gms
- Unsalted butter 10gms

Brigadario Mousse
- Fresh Cream 80gms
- Castor sugar 22gms
- Unsalted butter 10gms
- Cornflour 11gms
- Agar gar powder 5 gms
- White chocolate 32 gms
- Whip cream 135gms
- Instant coffee 5 gms

Chocolate topping
- Amul cream 48gms
- Dark chocolate 55% 28gms
- Unsalted butter 14 gms
- Milk 10gms

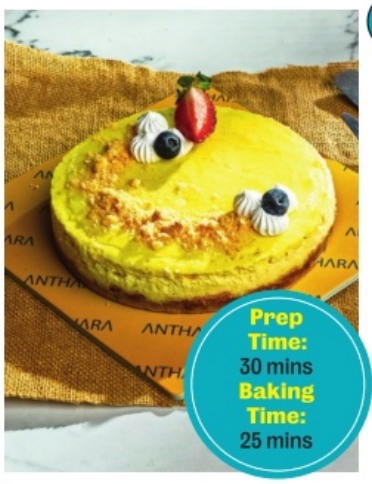
Brigadario assembly
- Brigadario Cookie Base 50 gms
- Moussue cake mix 150 gms
- Chocolate truffle 50gms
- Cocoa powder 2 gms

METHOD
- In a bowl combine together crushed gluten free biscuits and unsalted melted butter set in on the base of cake tub

Brigadario mousse
- Whip cream to soft peak and keep aside
- In a saucepan, add fresh cream, castor sugar and make a white chocolate ganache with agar agar and cornflour.
- Add instant coffee and blend the ganache to smooth finish fold in the whipped cream to keep the mousse aside .
- On set base in cake tub , evenly pipe the mousse and set in freezer until next step.

Chocolate topping
- In a saucepan, warm the fresh cream and milk to 75c and pour it over melted chocolate .
- Blend the unsalted butter in ganache.
- Pour 50g ganache over set mousse and set the final layered cake tub in freezer.
- Serve the brigadario tub with dusting cocoa powder on it at ambeint temperature .

NEW YORK CHEESECAKE



Prep Time: 30 mins
Baking Time: 25 mins

INGREDIENTS

Biscuit Base
- Biscuits – 100gms
- Unsalted Butter 20gms

Cheesecake Mix
- Cream Cheese – 200gms
- Caster Sugar – 60 gms
- Egg Yolks – 18 gms
- Yougurt – 60gms
- Cornflour – 5gms
- Lemon Juice – 5gms
- 15gms berries for garnish

METHOD
- Combine together Crushed biscuit and melted butter in a bowl and evenly spread in foil paper lined 6" baking ring
- for cheesecake batter, in a stand mixer paddle together cream cheese ,castor sugar.
- once smooth enough, add rest of the ingredients and paddle well .
- pour batter in lined baking ring and bake at 160c for 20-25 min with a water bath.
- once baked and cooled down to room temperature, transfer the cheesecake
- once cooled down, demould the cake and use garnish to serve it fresh.

Chef Balasundaram, Director, Anthara Cakery

GRACIOUS GAL

Shilpa Shetty receives gift from fan at airport

Shilpa Shetty, known for her talent and fitness in Bollywood, recently experienced a heartwarming moment at the airport. The actress received a special gift from one of her fans at the airport, and the heartwarming moment was captured in a video.

In the clip, Shilpa Shetty can be seen graciously accepting a red silk scarf from her fan at the airport.

Her smile radiates joy as she poses for photos with the admirer. Dressed in a white crop top and beige pants, Shilpa's sweet gesture towards her fans has garnered immense appreciation online.

Netizens have expressed their admiration for Shilpa's warmth and kindness. Comments flooded in, with users praising her sweet approach and calling the gesture beautiful and heartwarming.

On the professional front, Shilpa Shetty recently appeared in the web series 'Indian Police Force.' Directed by Rohit Shetty, the series featured a star-studded cast including Sidharth Malhotra, Isha Talwar, Nikitin Dheer, Soonia Prajapat, and Shweta Tiwari. The show marked Rohit Shetty's digital debut as it aired on January 19, 2024. **— ETimes**

Preity back to work

Actor Preity Zinta is back in the city of Mumbai for her next work projects. Preity has been living in Los Angeles since marrying Gene Goodenough on February 29, 2016, in an intimate ceremony in the US. On Saturday, the 'Kal Ho Naa Ho' actor shared a picture of herself and wrote, "Back in the Bay ...Back to work. #ting."

In the picture, the actor is seen taking a mirror selfie in a gym. She wore grey jeggings and a black T-shirt with a matching hoodie. She accessorized her look with white sneakers and black sunglasses.

Soon after the actor shared the post, her friends and fans swamped the comment section and dropped red hearts and fire emoticons.

"Can't wait for your new movie," a fan wrote.

Another fan commented, "My favourite actress is back on the big screen."

On November 11, 2021, Preity and her husband Gene Goodenough welcomed twins. If reports are to be believed, Preity will be returning to the silver screen with 'Lahore 1947'. **— ANI**

'Worst time of my life'

Actor Dakota Johnson, who starred in the season finale of 'The Office', recently joked about how shooting for the series finale "was honestly the worst time" of her life.

CNN reported that during a recent episode of 'Late Night with Seth Meyers,' Johnson said, "I loved that show so much and they were like, 'Do you want to be in the series finale?' and I was like, 'Of course,' thinking that I'd show up for, like, half a day." "I was there for two weeks, and I'm barely in the show," she said.

When Meyers (who also guest starred in the finale) asked Johnson if everyone on the set was "super sad" since they were filming the final episode, she said, "They were sad and also there were weird dynamics that had been going on for the last 10 years." "And I'm coming in like, 'So excited to be here!' No one wanted to talk to me."

"I was in the background of all of these scenes, faxing things." **— ANI**

Love has no barriers

NAGUVINA HOOGALA MELE
3.0 RATING ★★★☆☆
- **DIRECTOR** Venkat Bharadwaj
- **ACTORS** Abhisekh Das, Sharanya Shetty, Bala Rajwadi, Narendra Babu Girish Bettappa, Baby Shilpa
- **CERTIFICATION** U
- **DURATION** 126 minutes

Naguvina Hoogala Mele is a sincere effort by Venkat Bharadwaj, who is known for his film Kempirve that fetched him a State Award, to transport audiences to another world that has a variety of characters. The movie's locations are a visual treat and its dialogues can prove motivational for the young and the old.

The movie opens with Shivamogga prison authorities announcing the release of a prisoner bearing the number 763 who has completed a two-year sentence. The prisoner is Manohar aka Manu (Abhisekh Das), a fire safety officer who is in love with Dr Tanu (Sharanya Shetty). After being released, Manu is in a dilemma whether his sweetheart Dr Tanu will be waiting for him at the same spot (Trasi Beach). They used to meet at this particular spot on Valentine's Day. At this juncture, director introduces a flashback and narrates how Manu happened to meet Dr Tanu while responding to an appeal for blood donation and how they fell in love and how Dr Tanu asked Manu to wait for two years as she wants to complete MBBS. How did Manu end up in prison? Will Manu meet Tanu is what Naguvina Hoogala Mele is all about.

As far as the performance of the actors is concerned, Abhisekh Das has acted well. His performance in romantic and emotional scenes is good. Sharanya Shetty is at her best. Her gestures and dialogue delivery deserve appreciation. Girish Bettappa, who plays Venky, is convincing as a talkative person. Bala Rajwadi, who plays the heroine's father, has provided good support. Benaka Nanjappa and Jyothi Marur, as affectionate senior citizen couple, have acted well. Baby Shilpa is cute.

Cinematography and music add value to the movie.

It is worth a watch by all family members, especially youngsters.

—Y Maheswara Reddy

The Biggest Family Entertainer of the Season is HERE

★★★★ IANS	★★★★ TIMES NOW HINDI	★★★★ PUNJAB KESARI
★★★★ BOLLYWOOD LIFE	★★★★ NEWS 24	★★★★ PEEPING MOON
★★★★ POP DIARIES	★★★★ BOLLYWOOD BUBBLE	★★★ DAINIK BHASKAR

PVR - INOX CINEMAS {DIRECTORS CUT, FORUM REX WALK, 1:00, 4:10, 7:20, 10:30 p.m. | NEXUS FORUM MALL, KORMANGALA, 9:10, 3:40, 10:00 p.m., IN ATMOS : 9:50, 1:00, 4:10, 7:20, 10:30 p.m. | ORION MALL, YESHWANTPUR, 9:20, 9:50, 12:30, 1:00, 3:40, 4:10, 6:50, 10:00, 10:30 p.m. | VAISHNAVI SAPPHIRE MALL, TUMKUR ROAD, 9:50, 1:00, 4:10, 7:20, 10:30 p.m. | VEGA CITY MALL, 9:20, 9:50, 12:30, 1:00, 3:40, 6:50, 7:20, 10:00, 10:30 | MSR REGALIA, 9:20, 11:55, 3:40, 6:20, 6:50, 10:00 p.m. | PHOENIX MARKET CITY, K.R. PURAM, 9:50, 1:00, 4:10, 7:20, 10:30 p.m. | BHARTIYA CITY, IN ATMOS : 9:50, 1:00, 4:10, 7:20, 10:30 p.m. | GT WORLD MALL, IN ATMOS : 9:00, 12:30, 3:40, 6:50, 10:00 p.m. | AURA PARK SQUARE, WHITEFIELD ROAD, IN ATMOS : 9:50, 1:00, 4:10, 7:20, 10:30 p.m. | SPIRIT MALL, 9:20, 12:30, 3:40, 6:50, 10:00 p.m. | VR MALL, WHITEFIELD ROAD, 9:20, 9:50, 12:30, 1:00, 3:40, 4:10, 7:20, 10:00, 10:30 p.m. | GLOBAL MALL, NAYANDALLI, IN ATMOS : 9:50, 1:00, 4:10, 7:20, 10:30 p.m. | UPTOWN OMR MALL, IN ATMOS : 9:20, 12:30, 3:40, 6:50, 10:00 p.m. | SUPERPLEX FALCON CITY, 9:20, 12:30, 3:40, 6:50, 10:00 p.m., IN ATMOS : 9:50, 1:00, 3:10, 7:20, 9:45, 10:30 p.m. | MANTRI MALL, 9:40, 12:50, 4:00, 7:10, 9:50, 10:20 p.m. | CENTRAL MALL, J.P.NAGAR, 9:50, 1:00, 4:10, 7:20, 10:30 p.m. | GARUDA MALL, IN ATMOS : 9:50, 1:00, 4:10, 6:40, 7:20, 9:50, 10:30 p.m. | SWAGATH MALL, 9:30, 12:40, 3:50, 7:00, 10:10 p.m. | FORUM NEIGHBOURHOOD MALL IN ATMOS : 9:50, 1:00, 4:10, 7:20, 10:30 p.m. | BROOKFIELD MALL, 9:50, 1:00, 4:10, 7:20, 10:30 p.m. | LIDO, 9:30, 12:40, 3:50, 7:00, 10:10 p.m. | GALLERIA MALL, RMZ YELAHANKA, IN ATMOS : 9:40, 12:50, 4:00, 7:10, 10:20 p.m. | GARUDA, YELAHANKA, 9:30, 12:40, 3:50, 7:00, 10:10 p.m. | SBR HORIZON, SEEGEHALLI, IN ATMOS : 9:50, 1:00, 4:10, 7:20, 10:30 p.m.} | CINEPOLIS CINEMAS {ROYAL MEENAKSHI MALL | ETA MALL, BINNY MILL, 9:30, 10:30, 12:30, 1:30, 3:30, 6:30, 7:30, 9:30, 10:30 p.m. | EAST ORION MALL, 9:30, 10:00, 12:30, 4:10, 6:30, 9:30, 10:30 p.m. | SHANTINIKETAN, 9:30, 10:30, 12:30, 1:30, 3:30, 4:30, 6:30, 7:30, 9:30, 10:30 p.m. | SJR SPECTRUM MALL, 9:30, 10:00, 12:30, 3:30, 4:15, 6:30, 9:30, 10:00 p.m. | LULU MALL (TRD, 9:30, 10:30, 12:30, 3:30, 4:30, 6:30, 7:30, 9:30, 10:30 p.m.) | LULU MALL (VIP), 10:00, 11:30, 2:30, 5:30, 8:30 p.m.} | GOPALAN CINEMAS {ARCADE MALL, 10:30, 6:45, 10:00 p.m. | LEGACY MALL, 10:00, 1:0, 4:15, 7:15, 10:00 p.m. | GRAND MALL, 9:45, 2:30, 7:30, 10:15 p.m. | SIGNATURE MALL, 1:30, 5:00, 10:00 p.m. | INNOVATION MALL, 10:30, 3:15, 7:15, 10:00 p.m.} | INNOVATIVE {MARATHHALLI, 9:45, 1:00, 3:45, 7:15, 10:25 p.m.} | KINO CINEMA {SEEGEHALLI, 10:10, 1:10, 4:20, 7:10 p.m.} | CINEPHILE {HSR LAYOUT, 10:30, 4:20, 10:30 p.m.} | ROCKLINE CINEMA MALL {JALAHALLI CROSS, 10:00, 4:05, 9:40 p.m.} | MIRAJ CINEMAS {SUNKADAKATTE} | CINE GALAXY {SURATKAL, 10:35, 5:00, 7:45, 10:30 p.m.} | CAUVERY THEATRE {SANKY ROAD, 6:00, 9:30 p.m.} | MOVIE TIME {DAVANGERE, 10:30, 4:30, 10:30 p.m. | BELLARY, 10:00, 4:00, 10:00 p.m.} | SWAGATH SHANKARNAG {M.G.RAOD, 4:30, 10:30 p.m.} | HMT THEATRE {JALAHALLI, 1:40, 7:15 p.m.} | VAIBHAVI VAISHNAVI {UTTARAHALLI} | BALAJI THEATRE {TAVAREKERE, 4:00, 7:00 p.m.} | SHARADA THEATRE {SP ROAD, 10:15, 4:15, 7:15, 9:45 p.m.} | MANASA {K K CROSS, 4:00 p.m.} | BRUNDA THEATRE {HONGASANDRA, 4:00 p.m.} | SANTOSH THEATRE {RPC LAYOUT, 2:00, 6:00, 9:00 p.m.} | VINAYAKA THEATRE {HARINAGARA} | VINAYAKA THEATRE {DJ HALLI, 11:00, 2:30, 6:15, 9:45 p.m.} | JAI BHARATH THEATRE {TUMKUR, 10:30, 1:30, 5:00, 8:30 p.m.} | PVR - INOX CINEMAS {FIZA MALL, MANGALORE, 9:50, 1:00, 4:10, 7:20, 10:30 p.m. | FORUM MALL, MYSORE, IN ATMOS : 9:50, 1:00, 4:10, 7:20, 10:30 p.m. | GARUDA MALL, MYSORE, 9:20, 12:30, 3:40, 6:50, 10:00 p.m. | CENTRAL, MANIPAL, 9:50, 1:00, 4:10, 7:20, 10:30 p.m. | SATYAM MALL, MYSORE, 9:20, 12:30, 3:40, 6:50, 10:00 p.m. | S MALL, TUMKUR, 11:50, 3:00, 9:30 p.m., IN ATMOS : 9:50, 4:10, 7:20, 10:30 p.m. | CENTRO MALL MYSORE, IN ATMOS : 9:50, 1:00, 4:10, 7:20, 10:30 p.m.} | CINEPOLIS {CITY CENTRE MALL, MANGALORE, 9:45, 10:20, 12:45, 3:45, 6:45, 9:45, 10:30 p.m.} | BHARATH CINEMAS {MANGALORE, IN ATMOS : 11:30, 2:15, 7:45, 10:15 p.m. | MANIPAL, 11:00, 2:00, 4:45, 7:30, 10:15 p.m. | KUNDAPUR, 11:00, 4:30, 10:00 p.m. | PADUBIDRE | PUTTUR | SHIMOGA, 11:00, 7:30, 10:30 p.m.} | DRC CINEMAS {MYSORE, 7:00, 10:00 p.m.} | VISION CINEMAS {MYSORE, 10:30, 1:15, 7:00, 9:30 p.m.} | BALAJI DELUXE THEATRE {MYSORE} | VASANTHA THEATRE {DAVANGERE, 11:00, 2:00, 5:00, 8:00 p.m.} | RAGHAVENDRA THEATRE {BELLARY, 11:00, 2:00, 5:00, 8:00 p.m.} | R R MULTIPLEX {BELLARY} | BALA THEATRE {HOSPET}.

FARNAZ

real estate

BUNGALOW & VILLA

SALE FANCY Luxurious Architect Bunglow Site 50x80 Builtup 7000 Sft Vijayanagar Contac Owner: 9900180128

FARM HOUSES

5 guntas plots avlble for sale at kategenahally (14kms) frm Hosakote on malur Rd with all facilities @699/-pr sft Ready to Rgster 9066793793 / 98803 58899

1300 Sft Farmhouse with 63 Cents (27,442 sft) Land in a Gated Community for Sale @ 90 Lakhs Just 35 Kms From Sarjapur Call: 6364684242

LAND FOR SALE

SALE
9000 Sqft
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INDUSTRIAL CONVERTED Land at Manchaanahalli, Cargo road, Devanahalli Rate Rs 3000/- Contact 9845048193

Wanted 2 to 50 Acres Land in & Around Bangalore for Joint Venture and outrate. CALL:8618987855

AVAILABLE and Wanted Land for Outright/JD around blore IVC RD Nandi Hills Airport surrounding NH 207 Mys Rd.9739199786 wanted TDR

2ACRES 2Gunta Industrially Converted Land with 25700Sqft. Building & 35000Sqft Unfinished Building NH4 Near T.Begur, Nelamangala Call: 9844522990

RESIDENTIAL Converted and Approved Site For Sale near Ramanagar 10,000 Sq.Ft Developed Area1650/- Per Sq.Ft Clear Title. Owner:- 9900115519

AGRICULTURAL LANDS Available on Mysore Road, In and Around Bidadi, Ramanagar, Channapatna. Clear Title. Contact 9900115519

BANGALORE PROPERTIES

BANASHANKARI

BANASHANKARI 6th Stage, 4th Block, 50x80, West Facing, & 30x40,East & 8th Block, 40x60, West, 60feet Road Genuine Buyers: 9513332646 / 9902764626.

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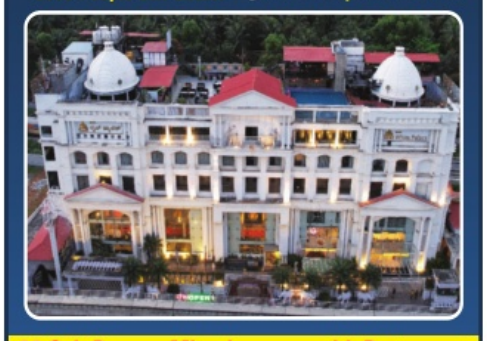
CONVENTION HALL 3000 People can Gather
BANQUET HALL 1500 People can Gather



32 Suit Rooms, Microbrewery with Restaurant
Total Land Area 22,000 Sq.ft. | Buildup Area 1,15,000 Sq.ft. | 01 Escalator | 05 Elevators
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SALE A-Khatha House in Srinagara, 15x40sqft W/f 1Bhk Ground &1st flr,Loan with icici bank, price: 1 Cr Negotiable, M:9986568487

MARS THE-PLANET 2, 2.5, 3 BHK Flat Located @ BSK 3rd Stage, Opp. to Tata Promont, 8792155802 9972399993 & 9880625336

2025 SFT Flats for SALE @ Banashankari 2nd Stage near BDA Complex and BNM College. CONTACT : 9945186950/ 9845718076

BSK 6TH Stg 7th Blk 20×30 Triplex Semi Furn GFlr Full Park 1Hall 3Bedroom 5Bathroom 1Storage Room Rs.1.35Cr: 8892956956

SALE 20x30, 30x40 Triplex & Rented House's BSK 6th Stage Anjanapura Fully furnished Granite Flooring, With Lift Call: 87227 77999 / 94498 12176.

WANTED BDA SITES IN BANASHANKARI 6TH STAGE/ANJANAPURA IMMEDIATE SETTLEMENT . CT : 9535575774 / 9343668888.

AVAILABLE/WANTED BDA sites Banashankari 6th stage, 30x40, 40x60, 50x80, Genuine Buyers Contact: 9731120548 / 9731252466.

SITE FOR SALE Measuring 60 × 40 At Banashankari 6th stage 1st block 80 feet Road Opp to NPS School , West facing Contact 6362874644 .

BANGALORE - CENTRAL (GPO)

FOR-SALE 3BHK 1450 Sqft Flat in Highpoint, Palace Rd(near Golf Club) Prominent location ample Car Parking. Contact::9108950006.

BANNERGHATTA ROAD

SITE SALE 32.48L. total sites 72. Nr Bannerghatta. Bank loan Availble: 40gms gold offer M:9535780007/ 9535065187/ 9901683698

FOR sale at Vijaya Bank Layout, 4200 north west corner site at Rs. 20,000 per sft. Good location. Serious buyers call Rajan sood 9980132655

BASAVANAGUDI

Commercial Plot of size 2392 sft for sale for at Gandhi Bazar Main Road, Interested Please Call: 9986873748

SALE Basavanagudi Prime Location Flat 3BHK 1550 Sft North Face A Katha Clear Tittle Ready Occupation Call: 9886019240/ 080 26623994

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BASAVESHWARA NAGAR

35X125 SOUTH EAST NORTH (3 Sides Roads) Corner with G+1 Building Rental income 2Lakhs For Sale Rs 7Cr.Ph:9845 488 488

BIDADI

BIDADI SITE 80x120 East South Corner Close to Golf Ground Gated Community Rs. 2.70Cr Negotiable Call: 9845065084

82,000 SQFT attached to B'lore-Mysore Expressway 265 ft Frontage 1.5KM from Bidadi Police Station.13Cr. Broker Excuse: 8123925925

BTM LAYOUT

2BHK Flat For Sale @ 35 Lacs Inclusive all Situated in Kodichikkanahalli BTM 4th Stage off B G Road Near Vega City Mall Call: 8105807101

CHAMARAJPET

KEMPEGOWDANAGAR Near Uma Theater, Sale of 4 Floors Building, 1200 sqft. 4 Rooms (attached Bathrooms) in site 585 Sqft. Call: 9341260793.

CHICKPET

SEMI commercial 36x39 North facing for sale @ Akkipet Main Road, near Lakshmi Narayana Temple Contact: 9886380085 / 9845903822.

COOKE TOWN

1925 SFT Apartment with Hi End Fittings 3BHK with Maids Toilet & Room For Sale @ 2.3Cr Call Owner: 9845311141

DEVANAHALLI

BIAAPA Approved Commercial Property for Sale measuring 13341 sqft, abetting NH 207 in Devanahalli. Rs.4000/- per sqft Ph 97410 07992

30X40 (1200 sqft) West facing site in Apranje Elite Aura near Nandi hills with breathtaking view for sale, price : 2150/- per sqft . Contact : 9886175071

DODDABALLAPUR ROAD

PRESTIGE NORTH WEST COUNTY Luxurious Residential Sites available For Sale Genuine serious buyers only Contact: 9342020101

ELECTRONIC CITY

EARN RS.50,000 returns P.M for an investment of Rs.50 Lakhs or Rs.30,000 returns P.M for 30 Lakhs. www.bhaarathbuilders.com. Call: 9019694817.

SITE FOR SALE

60X40 EAST Facing, Suryanagar 2nd Stage (Surya City) Chandapura KHB Call: 9480043779 (00971524972471 WhatsApp)

HEBBAL

TENANTED Property with Bank in Hebbal for sale. 2,560 sq.ft with a rental of Rs. 16 Lacs per year. Sale Price - 2.70 Cr. 9036022277

HENNUR

8200 SFT EAST FACING 'A' KATHA SITE FOR SALE. SUITABLE FOR: APARTMENT AND PG. CONTACT: 9845608000

HORAMAVU

SITE 36x50 W/F Banjara lyt Rs.7000/- sqft, & Brand new GF 1BHK CP, 4 BHK in 1st, 2nd, 3rd duplex built on 1200 sqft plot @ 2.30cr Ct: 9880752167.

HOSUR ROAD

For Sale 55x50 - 2750sqft site @ near Manipal County Signal, Singasandra Metro Station, Hosur rd, Rs.8,500/- per sft. Bangalore-560068. Contact: 9731456798

HSR LAYOUT

SALE 50x80 E/F Sector-4, Semi-Comml 40x60 N/E Corner Sector-4, 40x60 N/W Corner Sector-7, 50x80 & 60x40 comml Bldgs rental income. 9341925130

WANTED HSR LAYOUT BDA Sites 30x40, 40x60, 50x80 in all SECTOR Immediate Settlement Owners/ Sellers/ Buyers Contact: 9686750396.

HSR SALE 50x80 SF Rs.26000/- Excellent Location opp BDA complex and Sector 7, 50x80 NF Rs.22000/- Suitable for built pg building. Call : 9343827680.

HSR 50x80 40ft Rd rsdntl site price.26k Neg.Sm cmrcl 50x80 Bda Cmpx price.30k Neg reliable lakedew 40x70 fcng est price.13k call dtls 99452 63249

FOR Sale New Building 30x40 S/facing Rental 3.5L per month Excellent location & ITI layout 30x40 West Facing Rental 2.26L per month .Ct : 8861513227

HSR 20x30 duplex house 1.6Cr, 30x40, 40x60 Houses with good Rental income, 30x40 40x60 Commercial & Resi. sites sale. Krishna- 9886294610/ 7760526548

HSR Sale Commercial 30x40 3Lac Monthly Rental Income, 40x60 7Lac Monthly Rental Inc, 50x80 12Lac Monthly Rental Income. 9945265049/ 9663371049

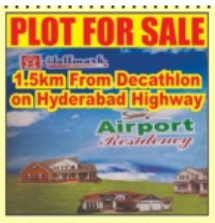
INDIRA NAGAR

READY2 MOVE FLAT Close to Rameshwaram CAFE Indiranagar, Posh Locality. More Details Call: 99024 50066

NEAR Cauvery School North Facing Vastu, Duplex 4 BHK Bungalow 2 Car Park Rs.6.5 Crores. Also East Face Site 1200 Rs. 3.5 Cr. Eshwar 97407-06714

DEFENCE colony :80*100 , S/F: 45 * 60 , E/ F 80 ft Rd Commercial : 70*100 , South Facing (commercial) : 40 * 60 . Call : 9886313166 / 9740607766

INTERNATIONAL AIRPORT - AROUND



BIAAPA APPROVED 40x60 Plot E/F for Sale in Airport Residency, Chikkajala. Rs 3300/ Sqft Negotiable Call: 9880466116

NEAR Nandhi Upachar Hotel Devanahalli on NH-207 STRR Road, Genuine Prospective Buyers Call "Niti Estates" 9900001973

WANTED Lands n Sites, Near ITC, Tulips Garden/Aishwarya Residency / Rashi Orchards / Florence / Down Town Park, Utopia, Shettygere, Airport County. N. Reddy : 98440 85115

JAKKUR

4ACRES LAND Sale 3 Sides Road 2 Sides 40ft Road & 1 Sides 60ft Road BBMP Limits Rs. 4500/- Negotiable Call: 9916826976

JALAHALLI

@HVV Valley Jalahalli Filled with Greenery All Around Facing Double Road Contact Genuine Buyers Only: 99001 51355

FOR Sale 2Bhk Flat in JC Nest ready to occupy west facing Nr Jalahalli NPS School Price 60 Lakhs Call Rangbhoomi Realty +91 9740433557.

JAYANAGAR

FOR sale at Jayanagar 4th T block 45x90 west facing site with old house on 60 feet road. @Rs. 30,000/- per sft. Call Rajan Sood 9980132655

READY to Move 3BHK Flats Avble For Sale in Jayanagar 3rd Block Near BHIMA Jewellers' (only 6 Units avble) Brokers' excuse : 9741868566

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JIGANI-ANEKAL

HOUSE @ Aryan Grand Residency, Anekal Byagadenahalli,40x44 E/f, 1760 sft, 'E'-khatha, APA Aprvd. Rs. 1.80 cr. Call: 90601 25551

ANEKAL PLOT available @low price with all facilities & Dimensions Booking open cont immediately - 8867516611.

FOR sale at Spring Woods, Koppa Gate, Bukkasagara Village, Jigani Hobli, Anekal Taluk, 3000 sft site, call Rajender 9886111960

JP NAGAR

READY To Move, Opera Tranquil Earth J P Nagar 9th Phase, OC Received, A Khatha, Few Units Available, 2BHK/2.5BHK/3BHK. Call : 9620408097, 080-41230476.

SALE BDA Residential Property 30X50 Site With Leaving Condition Duplex House excellent location west facing JPNagar call: 9845341034.

KANAKAPURA ROAD

Sites For Sale
23958 Sqft East Facing To Kanakapura Main New Road
9801Sqft West Facing
Kanakapura Main New Road.
100% Vastu Residential DC Conversation Rs. 5250/- Psft

KANAKAPURA MAIN Road 1 Km From Art of Living Contact Owner M Chandrashekar. 9342552428

FOR Sale 40x60 west BDA katha site @ Shankara Residency Kanakapura Rd, Rs.11000/- P.Sft. & 20x30 west old house JP.Nagar 6th phase. 9845183995

WANTED SITE 50x80, 40x60, 30x40 Narayana Nagar, BCMC Layout, Anjanapura BDA, BSK 6th Stage, Gubblala, Agents Excuse. Contact- 9380647082.

KENGERI

KENGERI BDA Aprvd 1200Sft SE Corner Site For Sale.Rs 8500 Per Sft,Near Chalaghatta Metro Stn. Brokers Excuse. Genuine Buyers Only Call: 96861 11709

KORAMANGALA

COMMERCIAL SPACE available for rent. 2300 sqft near Maharaja hotel signal Koramangala. Contact - 8951770606

SALE 30X40 3floor house 30x50 corner Bangalow and North 3floor House 40x60 Beautiful Bangalow and 3floor House 9845104222 9945118192

SALE 30X40 2 floor house & 30x50 corner bangalow & 40x60 beautiful Bangalow & 3 floor house buyers call Swamy 9845104222 9945118192

KORAMAGALA Residence / Commercial sites / houses 25x40 30x40 30x50 40x60 50x80 80x60 80x120 usr CONTACT : 7019770736 / 8951614989.

KUMARA PARK

Fully Furnished 2500sqft office for rent

Cubicles, cabins, and meeting room built. South end street, Kumara park east

Contact - 8431632549

KUMARASWAMY LAYOUT

FLATS SALE 2250 Sft Fully Teak Wood, Italian Marbles. 2 Car Park 1.6 Cr Kumaraswamy Layout 15F Bus Stand: 9611144096

MAHALAKSHMI-PURAM

VARAHA ENCLAVE @ Mahalakshmi Layout 3BHK 2230 sft Luxury Deluxe Flats Opp ISKCON for Sale Call: 9945381300

MALLESHWARAM

SALE 150x250 North East Corner Prime Commercial 100feet Road Sampige Road Malleshwaram Contact 9611844667, 8123515830

MULTIPLE LOCATIONS

SALE BSK 6th stage 4th H Block 30x40 west Facing 95 lakh Also 40x60 Facing 6th Block 1.72 Cr Negotiable all owners site 9945373839, 9620041313

SALE 30x40 VISHVESWARAIAH LAYOUT 4th Block south facing owner 84 lakh Negotiable owner Site 9945373839, 9620041313

SALE BDA Anjanapura 5th Block 30x40 South Facing 80 lakh also 20x30 East facing 2nd Block 55 lakh. Contact 9620041313/ 9945373839

NAGARBHAVI

8BHK E/F New Flats 2600SFT on 2nd 3rd & 4th Floor For Sale near Deepa Complex over looking Mallathahalli Lake with 2 cars parking. 9739047289

NAGARBHAVI 11th Block 30x40 east facing with 3 floor 3500 sft built residential building getting rent 70000 PM for sale: 8892697007/ 8762824640

8 BHK Flat for Sale Jnana bharathi Bangalore University near Nagarbhavi. Price Rs. 80 Lakhs Negotiable Contact 9980941666/ 9986877666

NAGASANDRA

NEW BUILDING for Sale T.G.Hally behind Jindal public school. G+2, PM 30000,Price 1.15 Cr. 9108956254/ 9108275277

NELMANGALA

BMRDA Plots at Nelamangala 5800sft, 3300sft, 2800sft, 1500sft 1200sft close to 300 ft Ring Road Rs.2000/- Per Sft: Call AMARS ASSETZ: 9480970555, 9164902747

RAJAJI NAGAR

PURVA BLUEBELLE Adjacent to Magadi Road Metro Station (Purple lane) Rajajinagar 3 Bedroom Jodi units 5 Bedroom+Servant room with all luxurious Amenities. Direct metro from here to ITPL (Whitefield) / KR PURAM / BYYAPPANAHALLI Very good Convenience those who are working above areas. Only Few units left for Sale. Contact : Owner 9844027560.

DNR Highline @ Okalipuram near LULU Mall Rajajinagar 3 & 4 BHK FLATS with 7 Star Luxurious Amenities. Only Few Flats available for Sale. For details Contact: Owner 9844027560.

RAJARAJESHWARI NAGAR

TRILOK VILLAS and Apartments Premium Plots at Kenchanahalli @ R.R. Nagar. 9008880994 9900199564 & 9972399993

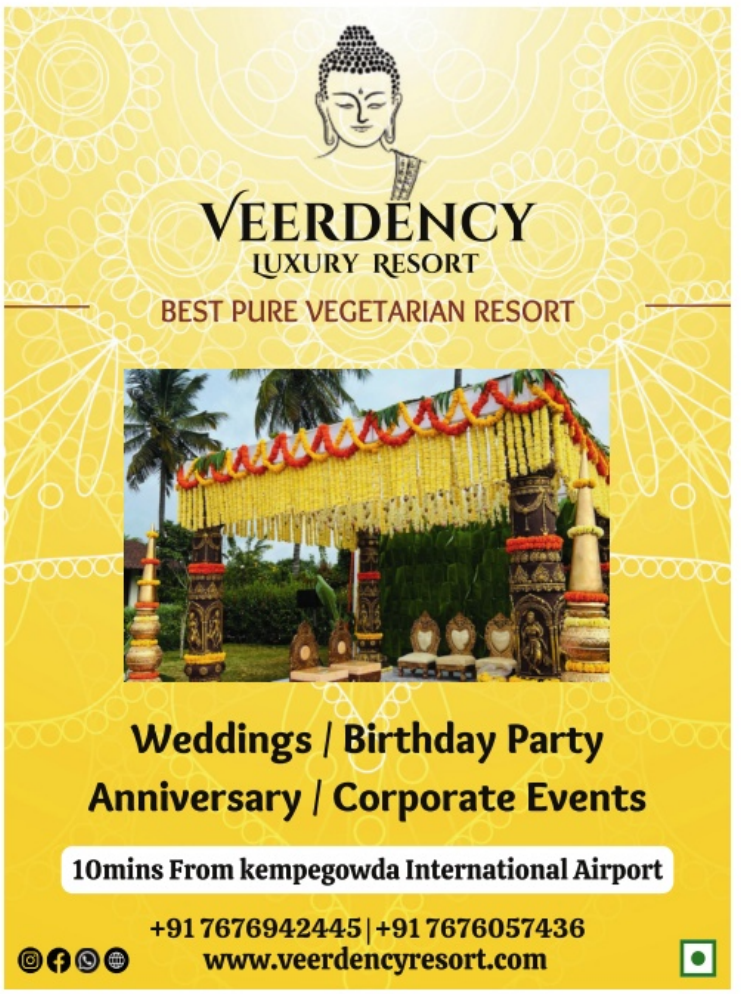
BEML LAYOUT 5th Stg Rajarajeswarinagar 3 BHK Premium Flats Ready to Move available for Sale. Call: 9916479488

INDEPENDENT House built on 3X50 site for sale at Rajarajeshwari Nagar. Brokers Excuse. Contact Mr. Acharya 9019912991

RICHMOND CIRCLE

PRIME Residential/ Commercial property 2300 Sft for Sale, 25 Meters from Mission Road, Subbaiah Circle, Behind Sham Rao Complex. Call: 9880208711.

GET NOTICED



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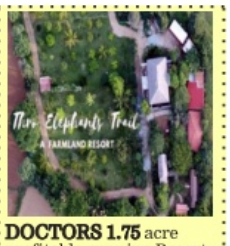

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ROUNAQH

How to reclaim Bengaluru's subways

CONTINUED FROM PAGE 1

While crossing a busy road in Bengaluru, pedestrian subways are a very effective method for pedestrians to reach the other side of the road. However, people avoid using them due to the fact that most of the subways are poorly maintained and inaccessible.

To encourage more pedestrians to use subways of Bengaluru, the BBMP is now planning this new measure to deploy maintenance staff. Bengaluru has 20 subways; the civic body is planning to deploy maintenance staff at at least 15 subways, we are told. Most of the subways have home guards to monitor them, but they have proved ineffective. The BBMP has floated a tender for the maintenance of subways at the cost of Rs 42.92 lakh. "We have prepared a proposal for the maintenance of subways. Most of these subways are not being properly maintained and this new team will regularly clean the subways. The proposal is for 15 subways that lie within the BBMP limits. Based on the size, footfall, and maintenance requirement of the subways, staff will be deployed," said a senior BBMP official.

In future, the BBMP might consider authorising the staff to penalise the offenders inside subways as well. Without adequate deterrence, the responsibilities of the maintenance staff could rise manifold. However, activists are of the view that pelican crossings are a more cost-effective and flexible model for allowing free passage for pedestrians.

"The problem with subways is that they are in disuse and they are often used for illegal activities. In some places, they are poorly maintained and in other places, encroached by commercial activities. However, these subways remain inaccessible to the disabled and the elderly. Compared to foot overbridges with the provision of lifts, the steep stairs in the subway prove to be a challenge. On the other hand, pelican crossings are more cost-effective and easily implementable. These crossings can be installed anywhere and at grade level. For the cost of constructing a subway, we can install 3-4 pelican crossings," said civic activist Sandeep Anirudhan.

561 on death row, highest in two decades

1 death sentence confirmed in Karnataka High Court in a murder simpliciter case

488 death row prisoners are awaiting judgment from high courts: Report

A total of 561 prisoners are on death row in the country, the highest at the end of a calendar year in two decades -- a rise of 45.71 per cent in such inmates since 2015, a report revealed.

The eighth edition of the 'Death Penalty in India: Annual Statistics Report' published by Project 39A at National Law University, Delhi said the trial courts imposed 120 death sentences in 2023 but the year witnessed lowest rate of death sentence confirmations by the appellate courts since 2000, with the Supreme Court not confirming any death sentence for a second calendar year after 2021.

"The Supreme Court did not confirm any death sentence in 2023. In the High Courts, only one death sentence was confirmed by the Karnataka High Court in a murder simpliciter case. In doing so, 2023 marks the lowest rate of death sentence confirmations by the appellate courts since 2000," said the report.

The report said the President rejected one mercy petition in March 2023 in a case of kidnapping, rape and murder of a minor in 2008. There are a total of 488 death row prisoners awaiting judgment from the high courts, it said.

It said that the top court acquitted four prisoners in three death penalty appeals, remanded two death penalty cases to the trial court and the high court, and commuted the death sentences of three death row prisoners in criminal appeals.

Two prisoners in two death penalty cases wee released upon finding that they were children in conflict with the law at the time of the offences.

"At the end of 2023, 120 death sentences were imposed by trial courts and 561 prisoners were living under a sentence of death in India. "This makes 2023 the year with the highest number of prisoners on death row in nearly two decades, and the second highest since the turn of this century according to the National Crime Record Bureau's Prison Statistics Reports. The year 2023 also witnesses a 45.71% increase in the death row population since 2015," the report stated.

"These figures denote a widening gulf between the efforts from appellate courts to improve the institutional capacity of administering the death penalty, and the persisting capital sentencing crisis at trial courts," it added.

According to data, there were 541 and 490 inmates on death row at the end of 2022 and 2021, respectively, and 167 and 146 death sentences were awarded in 2022 and 2021.

The report said the death row population has increased over the years and in 2023, the most death penalties were awarded in crimes involving sexual offences.

"Nearly 53.30% of the 120 death sentences imposed by trial courts in 2023 were for homicidal rape cases. Trial courts imposed death sentences in 86.96% of its cases in the absence of any information relating to the accused.

"Despite the Supreme Court's mandate in Manoj v. State of Madhya Pradesh, trial courts did not call for the probation officers' report, the report on psychiatric evaluation of the accused or their jail conduct," it said.

As per the report, most death sentences, i.e. 33, were awarded by trial courts in Uttar Pradesh last year, followed by 12 in Jharkhand and 11 each in Gujarat, Haryana and Madhya Pradesh and 10 in West Bengal.

"Death sentences were imposed on the same day, or within one day of conviction, in at least 37.14% of death penalty cases at the trial courts in 2023. 45.71% of death sentence orders were passed within two to seven days from conviction. Trial courts imposed death sentences after one week from conviction in only 17.14% of all death penalty cases," the report said. The report further said the acquittals and remands by the Supreme Court and the high courts in death penalty cases indicated "concerns with the quality of police investigations and appreciation of evidence by lower courts in death penalty cases."

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I, Punit Vermma R/o #444, 1st G Cross, 3rd A main road, Banashankari 3rd stage, Bengaluru 560085 Have changed my minor son name from Agastya Verma to Agasthya Verma affidavit Dt.10/02/2024 notary Harisha G, B'luru

I, Bharati Rayaraddi w/o Sanjeevaraddi.H R/o 4311, 1st floor, Saachi Building, 14th main, 1st cross, A-block, Subramanyanagar, Bengaluru 560021 have changed my name to Bharati Hosmani affidavit 10/02/2024 notary Harisha G, B'luru

I Ashish Sharma S/O Kamal Kumar R/o Prestige Jindal City, Bangalore Have Changed my Name From Ashish Vishwkarma to Ashish Sharma for all future purposes

I, Rishab Ramesh Kumar Bafna R/o No.201, Arihant Apt, SubramanyamTemple road, V V puram, Bengaluru 560004 have changed my name to Rishab Ramesh Bafna affidavit Dt.10/02/2024 notary Harisha G, B'luru

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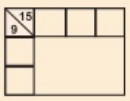
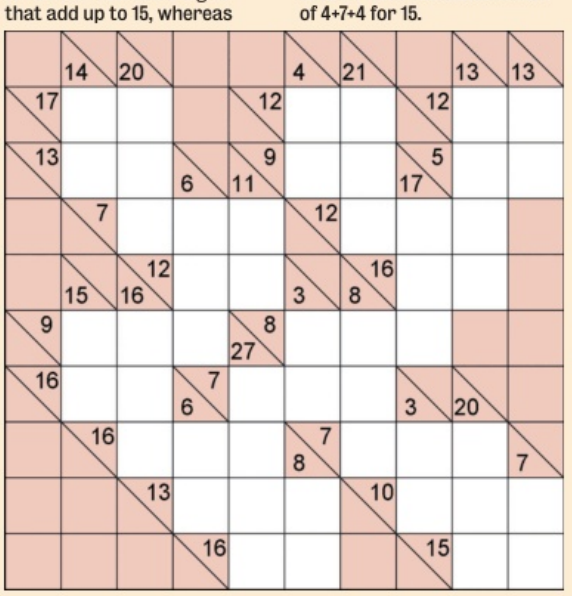
Kakuro

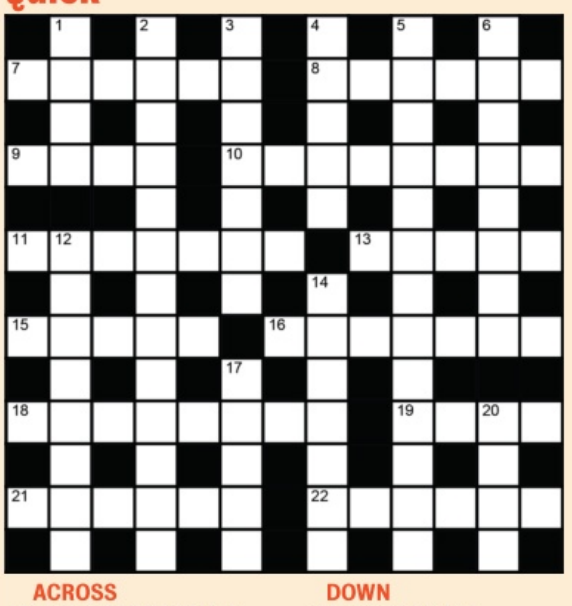
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Withered or drooping (6)
8 Humbly (6)
9 Petty quarrel (4)
10 Wife of Odysseus or Ulysses (8)
11 Pod vegetables (7)
13 Characteristic (5)
15 Large sea vessels (5)
16 Ground one's teeth together (7)
18 Postpone (8)
19 Dry biscuit (4)
21 P in BBMP (6)
22 Dissertation (6)

DOWN

1 Flightless bird (4)
2 Expression of British stoicism (5,5,3)
3 Modified (7)
4 Correct (5)
5 Not showing its age (4-9)
6 Record's reverse (4,4)
12 Heavenly (8)
14 Acts creatively (7)
17 Leered at (5)
20 Turn round quickly (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: X EQUALS U

SA KUWYU VK ZXRRYYW MKX PXZV QLSD, ZK VJLV MKX CAKB BJLV AKV VK WK VJY AYIV VSPY.

Linemaro

There's rarely a dull moment when I am with you

Mindchow

There's nothing I know for sure because I know for sure that things change

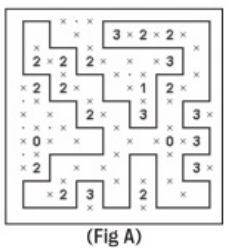
Joke of the day

Swimming is not a sport. Swimming is a way to keep from drowning. That's just common sense

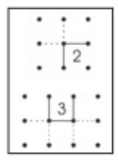
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

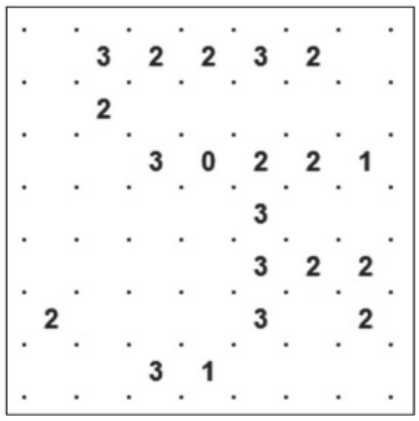


(Fig B) Not Allowed

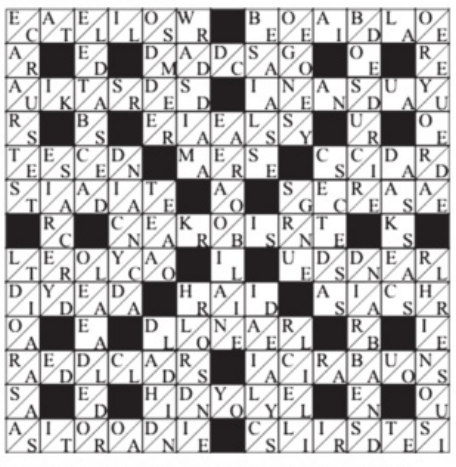
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



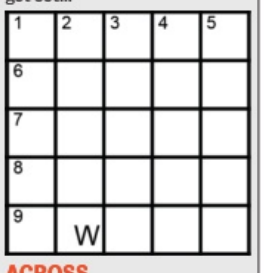
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Flu GS; 6 Until;
7 A Nasa; 8 Somme;
9 Haw as

DOWN

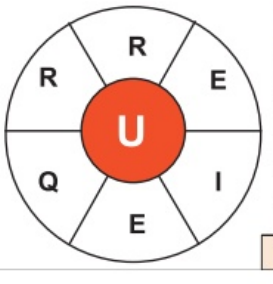
1 Guam a; 2 Sun we;
3 Ma lal; 4 Son if;
5 SS Hat

Mensapuzzle

Which number is the odd one out?

6394, 9416, 5278, 6231, 9614, 6132, 7895, 5872, 7598

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

01 Average; 02 Good; 03 Outstanding

SudokuChallenge

				8				
	9	3		5		8	2	
4			2		6			3
6	2						8	7
		5				4		
8	4						5	2
2			8		9			4
	3	7		1		6	9	
				7				

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

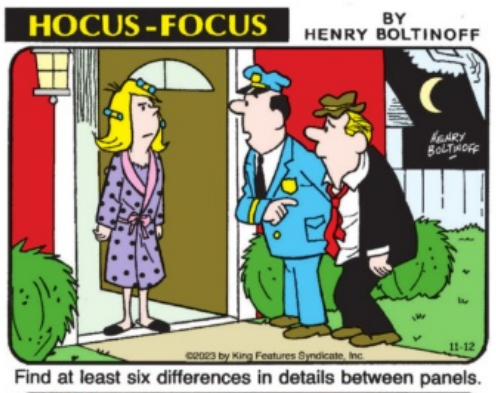
Easy = 10
2 2 5 5

Medium = 15
2 4 5 9

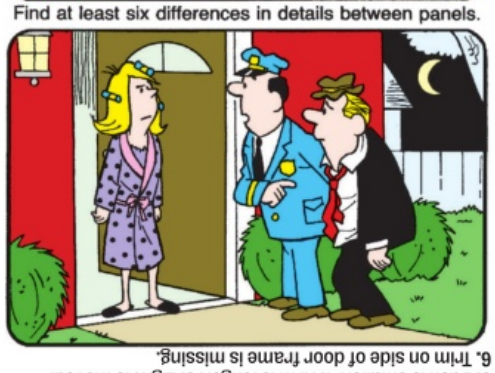
Hard = 11
3 7 7 6

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



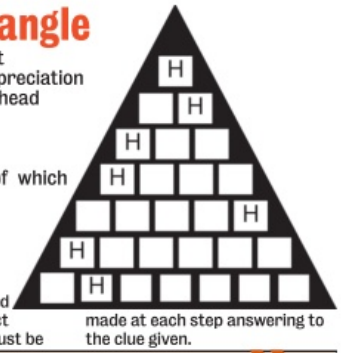
Differences: 1. Leg is moved. 2. Branch is missing. 3. Bush is smaller. 4. Arm is longer. 5. Light is moved. 6. Trim on side of door frame is missing.

Riddler

Two legs sat upon three legs with one leg in his lap. In comes four legs, grabs one leg, and runs off with him. Up jumps two legs, grabs up three legs, throws it after four legs, and makes him bring back one leg. Who are we?

Alpha triangle

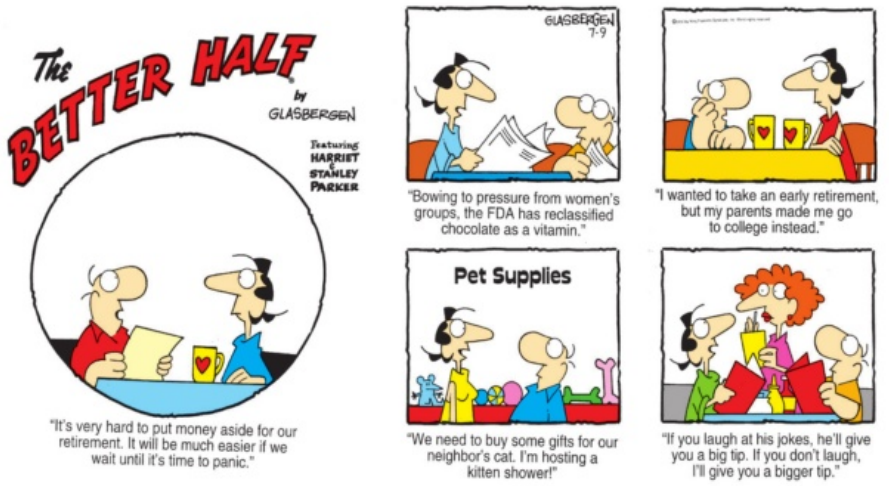
1 Planck's constant
2 Expression of appreciation
3 Covering for the head
4 Lyricist Lorenz
5 Our planet
6 Radiator
7 In consequence of which

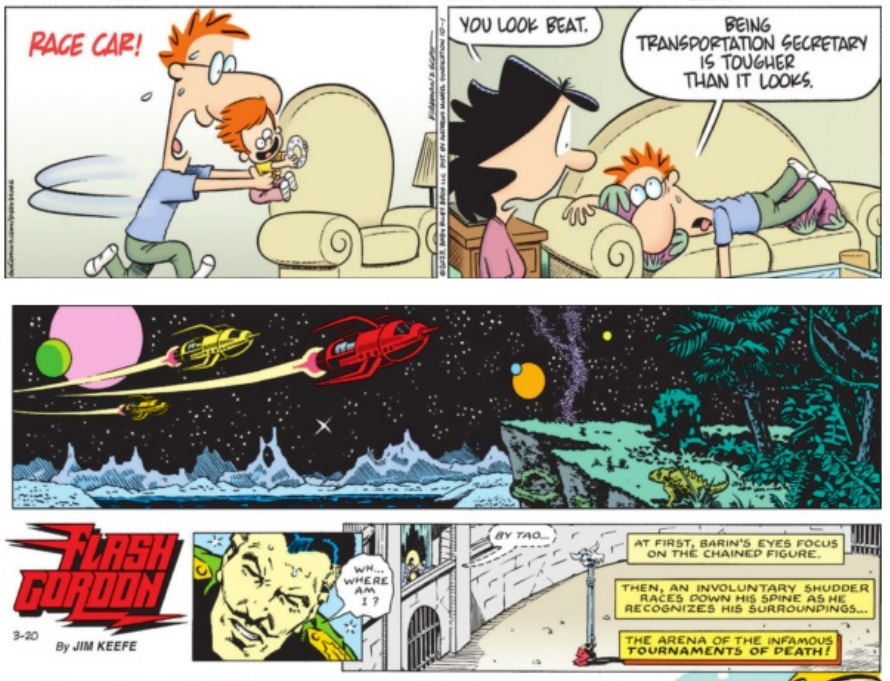


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS


The BETTER HALF
by GLASBERGEN
Featuring HARRIET & STANLEY PARKER
"It's very hard to put money aside for our retirement. It will be much easier if we wait until it's time to panic."
GLASBERGEN 7-9
"Bowing to pressure from women's groups, the FDA has reclassified chocolate as a vitamin."
"I wanted to take an early retirement, but my parents made me go to college instead."
Pet Supplies
"We need to buy some gifts for our neighbor's cat. I'm hosting a kitten shower!"
"If you laugh at his jokes, he'll give you a big tip. If you don't laugh, I'll give you a bigger tip."


FLASH GORDON
3-20
By JIM KEEFE
WH... WHERE AM I?
BY TAO...
AT FIRST, BARIN'S EYES FOCUS ON THE CHAINED FIGURE.
THEN, AN INVOLUNTARY SHUDDER RACES DOWN HIS SPINE AS HE RECOGNIZES HIS SURROUNDINGS...
THE ARENA OF THE INFAMOUS TOURNAMENTS OF DEATH!
THERE IS AN OLD MONGO SAYING, BARIN...
"FORGET THE PAST AND YOU WILL BE FORCED TO RELIVE IT."
MING... BUT HOW?!
I HAVE MY DAUGHTER TO THANK FOR THAT.
AURA?! IT CAN'T BE...
YEARS OF NEGLECT HAVE SHOWN HER WHERE HER TRUE ALLEGIANCE LIES.
AURA, YOU CAN'T BELIEVE THAT!
I LOVE YOU... I'VE ALWAYS LOVED YOU.
NO... IT'S TOO LATE!
TOO LATE INDEED...
YOUR REIGN IS ENDED, BARIN.
NOW YOU SHALL WITNESS WHAT HAPPENS TO THOSE WHO DARE TO DEFY ME...
STARTING WITH THE EARTHMAN, FLASH GORDON!
TO BE CONT'D

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may be busy with kids' issues. You might go on short trips related to their academics. You'll find tackling difficult tasks easier than usual. Consider spending on artefacts or household items to enhance your lifestyle. Additionally, you may indulge in expenses for your friends and family. Singles may find their soulmate, while couples enjoy happy moments together.

Taurus Apr 21 – May 20
You might experience a sense of dullness today, surrounded by negativity. Be mindful of your words as harsh speech could lead to problems. You may initially reject suggestions from well-wishers, but by late evening, things could improve.

Gemini May 21 – Jun 21
Blessed by the moon today, your self-respect will shield you from negative influences. Expect emotional involvement in family matters and success at work. Completing tasks on time will boost your confidence, and your intuition will guide you in making tough business decisions.

Cancer Jun 22 – July 23
Under the moon's blessings, you'll curb spending on unnecessary items. Seek advice to make better investment decisions, and improve your financial health. Politeness will earn you respect among peers and help you navigate social interactions.

Leo Jul 24 – Aug 23
Today, a positive moon brings blessings, boosting your confidence and work enjoyment. Your productivity may accelerate ongoing projects, leading to the fulfilment of desires. Others will seek your help, enhancing your reputation in society.

Virgo Aug 24 – Sep 23
With a negative moon influence, you might feel dull and face health issues disrupting your routine. Be cautious of betrayal from acquaintances and avoid hasty financial decisions. Patience is key; refrain from rushing into anything.

Libra Sep 24 – Oct 22
Blessed by a positive moon, you'll make wise investment decisions, yielding profits from past investments. Starting a new project will bring long-term benefits, and expanding your network will elevate your social status.

Scorpio Oct 23 – Nov 22
Busy at work, you'll focus on goals and complete tasks ahead of schedule with precision. Enjoy quality time with family and possibly meet a significant other. Consider renovating your home or office to elevate your status.

Sagittarius Nov 23 – Dec 22
Under the moon's influence and the elder's blessings, you will overcome last week's challenges and witness progress in various aspects of life. Spiritual strength will guide you, leading to financial improvement.

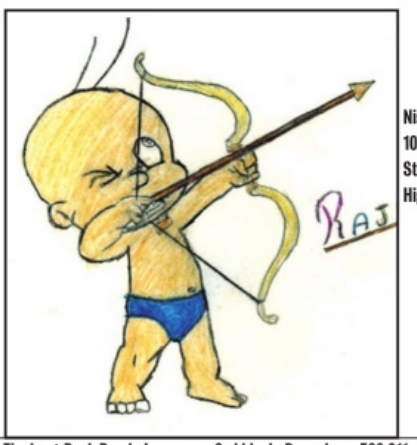
Capricorn Dec 23 – Jan 20
Negative thoughts may plague you today, hindering decision-making and causing impatience and arrogance. Seek elders' blessings to navigate work challenges, and avoid investing in stagnant assets. Lovebirds should steer clear of discussing past grievances.

Aquarius Jan 21 – Feb 19
Blessed by the moon, expect good news in your professional life and joy in domestic affairs. Avoid unnecessary arguments within the family and consider investing in assets. Students should stay focused on their studies.

Pisces Feb 20 – Mar 20
Today favours your work performance, potentially leading to promotions and success in legal matters. Children's health improves, and you may consult an investment advisor for their future. Stay vigilant against hidden enemies.

KIDZONE

Aryan Kumar, 9 Years, National Public School



Nischitha E, 10 Years, St. Charles High School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
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SOLUTIONS

SOLVE IN 1M
(642²-285²)/81606
(642+285)(642-285)/469×174
(938×348)/81606 = 4

BULL'S EYE
queer, quire, REQUIRE

QUOTE UNCODE
In order to succeed you must fail, so that you know what not to do the next time.

FAST FIVE

G	U	L	F	S
U	N	L	I	T
A	S	A	N	A
M	E	M	O	S
A	W	A	S	H

STRIKE OUT

S	T	R	O	D	E	S	L	I	D	E	S
A	E	I	D	Y	L	L	E	U	
R	E	M	A	C	A	O	E		
U	K	A	S	E	S	I	N	A	D	A	Y
S	S	R	I	A	L	S	U	O			
T	E	E	D	M	R	S	S	C	A	R	
S	A	D	A	T	A	G	E	E	S	E	
R	C	A	R	B	I	N	E	S			
T	E	L	C	O	I	U	D	D	E	R	
I	D	E	A	H	A	D	S	A	S	H	
A	A	L	O	N	E	R	B	E			
R	E	D	C	A	R	A	I	R	B	U	S
E	L	L	I	N	V	P					
P	R	O	R	O	G	U	E	R	U	S	K
E	E	O	V	E							
S	H	I	P	S	G	N	A	S	H	E	D
T	P	D	I	E	D						
L	E	G	U	M	E	S	T	R	A	I	T
F	D	P	S								
T	I	F	F	P	E	N	E	L	O	P	E
W	I	A	E	L	I						
I	L	T	E	D	M	E	E	K	L	Y	
K	S	A	A	W	F						

QUICK

C	A	L	L	O	W	B	E	A	D	L	E
R	E	M	A	C	A	O	E				
U	K	A	S	E	S	I	N	A	D	A	Y
S	S	R	I	A	L	S	U	O			
T	E	E	D	M	R	S	S	C	A	R	
S	A	D	A	T	A	G	E	E	S	E	
R	C	A	R	B	I	N	E	S			
T	E	L	C	O	I	U	D	D	E	R	
I	D	E	A	H	A	D	S	A	S	H	
A	A	L	O	N	E	R	B	E			
R	E	D	C	A	R	A	I	R	B	U	S
E	L	L	I	N	V	P					
P	R	O	R	O	G	U	E	R	U	S	K
E	E	O	V	E							
S	H	I	P	S	G	N	A	S	H	E	D
T	P	D	I	E	D						
L	E	G	U	M	E	S	T	R	A	I	T
F	D	P	S								
T	I	F	F	P	E	N	E	L	O	P	E
W	I	A	E	L	I						
I	L	T	E	D	M	E	E	K	L	Y	
K	S	A	A	W	F						

MENSA PUZZLE
639⁴: all the others are in pairs where the second and fourth digits change places: 5278/5872, 9418/9614, 7895/7598, 6231/6132

RIDDLER
One leg is a leg of chicken. Two legs is a person. Three legs is a stool. Four legs is a dog.

SUDOKU

7	6	2	3	8	1	9	4	5
1	9	3	7	5	4	8	2	6
4	5	8	2	9	6	7	1	3
6	2	9	5	4	3	1	8	7
3	7	5	1	2	8	4	6	9
8	4	1	9	6	7	3	5	2
2	1	6	8	3	9	5	7	4
5	3	7	4	1	2	6	9	8
9	8	4	6	7	5	2	3	1

ALPHA TRIANGLE
H, Ah, Hat,
Hart, Earth,
Heater,
Whereat.

GO FIGURE
Easy
5 – 2 + 2 + 5 = 10
Medium
9 – 4 x 2 + 5 = 15
Hard
7 – 6 + 7 + 3 = 11

LOOP

KAKURO

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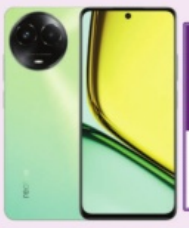

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